# What's happening

September/October 1988
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

## UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Free parking available.

Sat., Oct. 8: **Financial Planning Seminar.** Sponsored by UCSF Office of Development. 9 a.m.-1 p.m. Pre-registration required. Call 476-1475.

Mon., Oct. 31: **Bay Area Composers Celebration: Halloween Concert.** Community Music Center faculty members play works of Alexis Alrich, Allan Pollack, Kirke Mechem, Bruce Nalezny & Elinor Armer. 8 p.m. $9. For tickets call 476-2035.

## Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, Sept. 6, 13, 20 & 27 and Oct. 4, 11, 18 & 25. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

## Brown Bag Tours/Lectures

All lectures are free and held on Wednesdays at noon in Rm. 300, Health Sciences West, enter through 513 Parnassus. Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Rm. 345, Health Sciences East. For further information call 476-4394.

Sept. 7: **Therapeutic Value of Pets.**

Sept. 14: **Asthma: Trivial, Severe or Lethal?**

Sept. 21: **One Sailor's Log: Manuals for Solo Sailing & Solo Medicine.**

Sept. 28: **The Search for Extraterrestrial Intelligence.**

Oct. 5: **In Your Ear! Hearing Loss & Cochlear Implants.**

Oct. 12: **Drugs & the Elderly: Prescription for Change.**

Oct. 19: **How to Lick Speech Anxiety: Taking the Fear Out of Public Speaking.**

Oct. 26: **A New Deal for California's Health.** Laurens White, president, California Medical Association.

## New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Tues., Sept. 6: Rm. 169, Moffitt Hospital, 505 Parnassus. 1-3 p.m.

Tues. & Thurs., Sept. 20 & Oct. 20: Rm. 169, Moffitt Hospital, 505 Parnassus. 6-8 p.m.

Tues., Oct. 4: Rm. 336, Health Sciences East, enter through 513 Parnassus. 1-3 p.m.

## Women's Resource Center

All events are free & take place in Toland Hall, 533 Parnassus, noon-1 p.m. unless otherwise noted. Call 476-5836.

Thurs., Sept. 8: **Frontline: Racism 101.** PBS video documentary about racism on America's college campuses.

Sat., Sept. 10: **Cervical Cap Workshop.** Health-care providers learn how to insert cervical caps. 10 a.m.-4 p.m. Call for location.

Tues., Sept. 20: **What Is a Jew To You?** Australian film maker Aviva Ziegler's personal exploration of Jewish identity.

Thurs., Oct. 6: **Being Black in a White Environment.** Lecture.

Tues., Oct. 18: **The Women of La Planeta.** Film about community organizing in Lima, Puru. **The Tale of O.** Video about being different (an O among the Xs).

## Special Events

Fri., Sept. 16: **Cho Hao Li Commemorative Program.** Celebrates the life of the late UCSF endocrinologist & musician who died last November. Music & scientific program. Speakers include Hugh D. Niall, Genentech Corp.; Roger Guillemine, Salk Inst. & Peter G. Condliffe, NIH. Toland Hall, 533 Parnassus. 1-5 p.m. Call 476-4036.

Thurs., Sept. 29: **Andrew Wyeth: Helga Collection.** Private viewing to benefit UCSF Hospitals Auxiliary. M.H. deYoung Museum, Golden Gate Park. 6:30-10 p.m. $35. For reservations call 476-4906.

Fri., Oct. 7: **Dispelling the Soviet/American Myth of Separation.** Performance artist Sharaad gives a multi-media first-hand view of creative expression in "glasnost" Russia. Toland Hall, 533 Parnassus. Noon.

Thurs., Oct. 20: **Fourth Annual William Witter Memorial Lecture on Pain.** "Low Back Pain: Causes & Effects." John Loeser, University of Washington Pain Clinic. Toland Hall, 533 Parnassus. 4 p.m.

Fri., Oct. 21: **Gordon Tomkins Memorial Lecture & Concert.** Lecturer Sydney Brenner, Medical Research Council of Great Britain. The Francesco Trio chamber ensemble plays Franz Schubert's "Trio in B-Flat Major." Cole Hall, 513 Parnassus. 3-5 p.m.

Wed., Oct. 26: **Outdoor Choral Concert.** Brian McGilvay & the SF State University Chamber Singers & Concert Choir. Saunders Court, enter through 513 Parnassus. Noon.

Mon., Oct. 31: **Halloween Festival.** Music, dancing, costumes & the third annual pumpkin carving contest. Saunders Court, enter through 513 Parnassus. Noon.

## Campus Blood Drive

Blood may be given at the following locations. Personal identification is requested. For further information call 476-4394.

Tues., Oct. 18: School of Nursing Bldg., lobby & mezzanine level, enter through 521 Parnassus. 7:30 a.m.-5:30 p.m.

You also may donate any weekday, 10 a.m.-8 p.m. & Saturday 10 a.m.-3 p.m., at UCSF's new **Blood Donor Center**, Rm. 501C, Moffitt Hospital, 505 Parnassus. For information & appointments call 476-6989.

## Art Exhibits

**Faculty/Alumni House Exhibit.** "Architectural Allusions," the color photography of Jane Lidz, on display through Nov. 30. Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Reception for the artist Thurs., Sept. 8, 4:30-7 p.m. Call 476-4723.

**Hospitals Auxiliary Exhibit.** On display for the month of September in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are Chinese water colors, mixed media, oil paintings, Egyptian oils & mini-acrylic paintings. On display during October will be framed water colors, linoleum prints, color photography & cast paper pictures. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

## Mobile Mammography Screening Program

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during September and October:

- Sept. 6-9: Taraval St., between 17th & 18th Aves.
- Sept. 12-14: Fireman's Fund, Novato (for employees only).
- Sept. 15-16: Diamond Heights Blvd., near the Safeway.
- Sept. 19-23: Mission/Excelsior District, 4900 block of Mission St., between Italy & France.
- Sept. 26-30: Embarcadero, on Drumm St. between Sacramento & Clay.
- Oct. 3-7: UCSF Laurel Heights parking lot, 3333 California St.
- Oct. 10-14: Foothill College, Los Altos Hills and Palo Alto. For appointment call 960-4243.
- Oct. 17-21: Richmond District, on 7th Ave. between Geary & Clement.
- Oct. 24-28: Westlake Shopping Center, on Park Plaza Dr. near Safeway.
- Oct. 31-Nov. 4: Marina Green parking lot near the Goodwill shed & Ft. Mason.

## Cole Hall Cinema

All films are shown on Thursdays & Fridays in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors & Millberry Union members $2.50; general $3. Call 476-2571.

**The Last Emperor.** Thurs., Sept. 29 at 5:45 & 8:45 p.m.; Fri., Sept. 30 at 6:30 & 9:30 p.m.

**The Unbearable Lightness of Being.** Thurs., Oct. 6 at 5:45 & 8:45 p.m.; Fri., Oct. 7 at 6:30 & 9:30 p.m.

**Stand & Deliver.** Thurs., Oct. 13 at 5:45 & 8 p.m.; Fri., Oct. 14 at 6:30 & 8:45 p.m.

**Presidio.** Thurs., Oct. 20 at 5:45 & 8:15 p.m.; Fri., Oct. 21 at 6:30 & 8:45 p.m.

**Good Morning Vietnam.** Thurs., Oct. 27 at 5:45 & 8:15 p.m.; Fri., Oct. 28 at 6:30 & 9 p.m.

## English Pronunciation Class

Mon. & Wed, Sept. 12-Dec. 7: **Improve Your English Pronunciation.** A 13-week course for non-native speakers of English. Sponsored by the UCSF Speech & Audiology Clinic. 12:10-12:55 p.m. 7th floor, Ambulatory Care Center, 400 Parnassus. $650. Space limited. Call Alicia Henderson, 476-5101.

## SF History Class

Wed., Sept. 7-Dec. 14: **The History of San Francisco.** Historian Charles A. Fracchia. Toland Hall, 521 Parnassus. 7:30-9:30 p.m. Free. Call 476-3206.

## Nursing Courses

Full-day courses sponsored by the Medical Center at UCSF, Department of Nursing. For times & locations call 476-2993.

Wed., Sept. 14: **Care of the Depressed/ Suicidal Patient.**

Thurs., Sept. 15: **Basic Dysrhythmias I.**

Wed., Sept. 21: **Pediatric Assessment.**

Wed., Sept. 28: **Being in Charge.**

Thurs., Sept. 29: **Basic Dysrhythmias II.**

## Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration and attendance at a pre-trip meeting is required for most events. For further information and a free brochure listing all events call 476-2078.

Tues., Sept. 6: **Bay Area Boardsailing Club Meeting.** Madrone Rm., Millberry Union. 7:30 p.m.

Tues., Sept. 13: **Video Night: Climbing.** Millberry Union Video Room. 7:30 p.m.

Sat.-Sun., Sept. 17-18: **Introduction to Safe Climbing.** Sierra climbing site. Pre-trip meeting Wed., Sept. 14. 6:30 p.m.

Tues., Sept. 20: **Slide Show: Long Boats in the Grand Canyon.** Rm. 300, Health Sciences West, enter through 513 Parnassus. 7:30 p.m.

Sat.-Sun., Sept. 24-25 & Oct. 8-9: **Beginning Boardsailing Skills Clinic.** Pre-clinic meetings Wed., Sept. 21 & Oct. 5. OU Center. 7 p.m.

Sun., Sept. 25: **Bicycling.** Alexander Valley wine country. Pre-trip meeting Thurs., Sept. 22. OU Center. 6 p.m.

Wed., Sept. 28: **Bay Area Sea Kayakers Meeting.** Rm. 300, Health Sciences West, enter through 513 Parnassus.

Sat., Oct. 1: **Benefit Dance: Wilderburbanite's Boogie.** Live music by Blind Mushroom & the Fungi. Millberry Union lounges. 8 p.m. $8.

Wed., Oct. 5-Dec. 14, Tues., Dec. 13 & a Sat. evening to be arranged: **Wilderness First Aid Course.** $80.

## PRO: Recreation & Fitness

Over 100 classes for the active and the inactive person. Fall classes include aerobics, weight management, healthy neck and back care, yoga, golf, tennis, tai chi, discount shopping tour and much more! Fall quarter registration is Tues., Sept. 28 (Millberry Union members, Mon., Sept. 27), 7 a.m.-7 p.m. at Millberry Union central desk, 500 Parnassus. Classes begin Mon., Oct. 3. For further information and a free brochure listing all classes call 476-1800.

## Rape Prevention Education

Sponsored by UCSF Rape Prevention Education Program. Call 476-5222 for further information.

**Self-Defense Classes for Children & Adolescents.** UCSF Child Care Study Center, 610 Parnassus. Sat., Sept. 17, 24 & Oct. 1. Ages 7-10: 10:30 a.m.-12:30 p.m. Ages 11-14: 1-3 p.m. $30 for all three sessions.

**Support Group for Sexual Assault Survivors.** Twelve consecutive sessions. 5-6:30 p.m. Dates to be announced. $5-$40 per session sliding scale.

*To Our Neighbors* is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

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A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
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# To our neighbors

## Easing The Anxiety of a Hospital Stay

The UCSF Medical Center is starting a program to introduce patients to the hospital and help ease anxieties about their surgery and hospital stay. Called Pre-SEP (Pre-Surgical Evaluation Program), this new service will combine several functions in one centralized location.

Patients will come in prior to their hospital admission, have their tests, consult with a nurse, meet with their anesthesiologist and learn what to expect, all in one place, all at one time. This program is designed especially for the patient who does not spend the night in the hospital prior to surgery—now nearly half of all UCSF surgical patients.

For patients who come from out of town, Pre-SEP also offers lodging at the new UCSF Medical Center Inn, a beach hotel located on Great Highway at Lincoln, where UCSF patients can stay for a nominal charge and go back and forth to the Medical Center by shuttle.

For further information call UCSF Medical Center Admitting at 476-1588.

## Key Culprit in Arthritis Pain

A long-known but till now baffling component of the nervous system has been found to play a key role in arthritis, contributing to the inflammatory process that causes joint damage and pain.

The discovery by UCSF researchers could have major implications for arthritis sufferers, since experimental drugs that block the effect already exist.

Called beta-2 antagonists, these drugs dramatically reduce joint damage in rats with experimentally-induced arthritis, according to a study led by Jon Levine.

The key structure is the beta-2 adrenergic receptor, a protein that sits like a "lock" on the surface of many cells. When the body is stressed, a hormone is released which acts like a key to open the lock, apparently triggering processes that damage tissue in the joint. In the experiments when the receptor was blocked by the beta-2 antagonist drug, the rats did not develop arthritis, or only developed a mild case.

For information on the most recent arthritis treatments call the UCSF Rosalind Russell Arthritis Center at 476-1192.

## Smokeless Tobacco

Chewing a wad of tobacco for a half-hour exposes a person to more health-threatening nicotine than three cigarettes, says UCSF researcher Neal L. Benowitz, MD, at San Francisco General Hospital.

Another form of smokeless tobacco, oral snuff, delivers more than two cigarettes' worth of nicotine to the bloodstream in the same period of time.

Benowitz says this is because smokeless tobacco produces prolonged, high levels of nicotine in the blood, in contrast to the peaks and lows that occur with cigarette smoking.

## Drugs and the Elderly

"The use and misuse of prescription drugs by older people is a subject of increasing concern," say UCSF pharmacist Helene L. Lipton, PhD, and Philip R. Lee, MD, director of the UCSF Institute for Health Policy Studies.

Among the elderly who are not hospitalized or in nursing homes, 85 percent use drugs on a regular basis—67 percent take at least one drug daily, and 25 percent take three or more drugs a day.

Lipton and Lee address this problem in their new book, *Drugs and the Elderly: Clinical, Social and Public Perspectives*, published by Stanford University Press.

The book is aimed primarily at health professionals and policymakers, but chapters explaining biological changes that occur with age, patterns of drug misuse, testing, marketing and the high costs of drugs also will be of interest to lay people.

## Punch, Judy and You

The UCSF Children's Medical Center is looking for volunteers for the Pediatric Preadmissions Program and the Puppet Therapy Program. Volunteers must be at least 18 years old and high school graduates. For further information call 476-1196.

UCSF
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News and Public Information Services
513 Parnassus Avenue, San Francisco, CA 94143-0462

Rush—Time Dated
September/October 1988

To our neighbors

## Drug for Common Heart Defect May Forestall Surgery

UCSF researchers have found a treatment that may let people with a common heart defect delay or potentially avoid surgery.

According to Barry Massie, MD, director of the UCSF Coronary Care Unit at the SF VAMC, the drug therapy can dramatically reverse enlargement of the heart and improve its function in patients with leaky aortic valves.

The UCSF researchers worked with colleagues at the Oregon Health Sciences University to study 45 patients with leaks in the valve between the heart and aorta, the large vessel carrying blood to the body. All participants had moderate to severe valve leakage and hearts that had begun to enlarge and weaken under the strain.

The patients were treated daily for as long as four years with the "vasodilator" drug hydralazine. Leakage and heart size gradually decreased, the research team found, while heart function improved.

Thirty-five other patients receiving placebos—sugar pills containing no drug—showed no improvement.

For further information call 221-4810, ext. 2691.

## Bridging the Middle East/West Culture Gap

When Middle Eastern families enter the Western health care system the experience can be equally baffling for the family and the health-care workers. The problems resulting from cultural differences can range from a simple language barrier to complex misunderstandings that can bring the delivery of health care to a virtual gridlock.

The UCSF School of Nursing's Mid East SIHA Project (Study of Immigrant Health Adjustment) exists specifically to bridge this culture gap. Program director Afaf Meleis, PhD, describes SIHA as providing a sort of brokerage, working as an intermediary between families and clinicians.

With approximately 100,000 Arab Americans and another 100,000 Iranian Americans making up the Middle Eastern communities in the Bay Area—plus non-residents who travel to the US specifically for health care—SIHA stays busy. Last year alone the program, which is co-directed by Julienne Lipson, PhD, and assisted by doctoral students in the school, responded to almost 500 calls for help.

The program simultaneously serves as an advocate for immigrants, and interpreter of Middle Eastern culture and behavior for health-care providers. "Our goal," says Meleis, "is to create a better understanding from both sides. So often, what appears to clinicians as demanding behavior on the part of Middle Eastern families—and what appears to the families as insensitivity on the part of the clinicians—is simple misinterpretation. Once each side gains a better understanding of the other, the way is paved for a much improved rapport—and a much more successful health-care experience."

For further information call 476-4978.

Dawn Finch

*(Left to right) Medical Center volunteer Juanita Erickson and nurse Christine Sarresen stroke the pet guinea pig sitting in the lap of patient Barbara Hicks of San Francisco.*

## Pets Have a Place in the Hospital

A bearded collie, dalmation, guinea pig and turtle were the center of attention at a one-year anniversary party of the UCSF Animal Assisted Therapy Program. This SPCA-affiliated program brings animals to the UCSF Medical Center every week to cheer up patients.

Although similar programs have been held in children's hospitals and geriatric settings, this is the first time animals have been used for therapy in an adult acute care setting.

For the patients, who often have pets at home that they miss and who spend lonely days in the hospital, the touch of an animal can make them forget their pain for a time and improve their general outlook, according to administrative nurse Debra Fila, who oversees the program. "The patients are telling the physicians that they are getting better faster. So much of what we normally do is take something from the patients—blood or tests. This is a way of giving something back."

## Unique Grief Study Needs Volunteers

UCSF researchers are seeking volunteers who are suffering from intrusive or involuntary ideas long after the death of a loved one. This is part of a study designed to understand the relationship between the conscious and unconscious mental processes that may lead to recurrent images and emotions.

Conducted by the Center for the Study of Neuroses at Langley Porter Psychiatric Institute, the project will evaluate volunteers between the ages of 21 and 45 who have lost a loved one within the last three years, continue to be troubled by involuntary ideas with pangs of emotion, and who agree to be studied scientifically.

For further information call Jess H. Ghannam, PhD, 476-7614, weekdays.